

How To Control Asthma

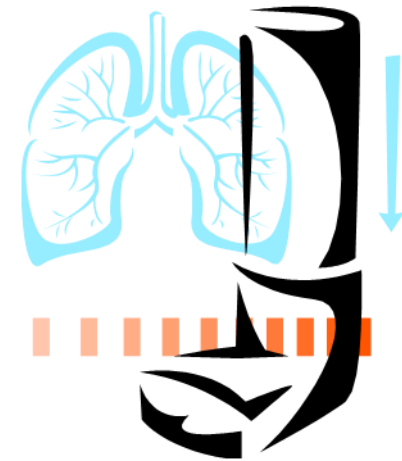
Control asthma by creating an asthma management plan. This plan is developed by you and your physician. Below are some examples that would be included in an asthma management plan:

- *Ways to be active without having symptoms.*
- *Ways to be able to participate in sports and exercise.*
- *Ways to prevent emergency room visits or hospital stays.*
- *Creating the proper diet plan.*

Having an asthma management plan is one of the ways to prevent symptoms.

Asthma

A Respiratory Disease



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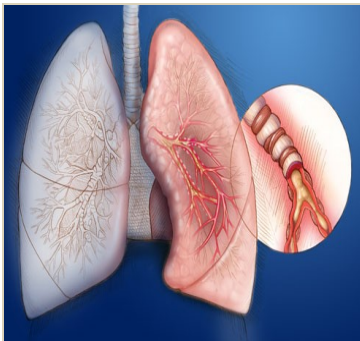
Asthma—A Respiratory Disease

What is Asthma?

Asthma is a chronic respiratory disease of the airways of the lungs. It is also the leading cause for school absences among children.

How Asthma Affects the Body

Asthma causes the airways in the lungs to become narrowed and inflamed. When the airways are inflamed the tissue becomes irritated, red and swollen. Mucus or fluid can obstruct the airways which can make breathing difficult.



Signs and Symptoms of Asthma

There are several signs and symptoms of asthma. Some of the more common symptoms in asthma are coughing, wheezing and shortness of breath. Some of the common signs of asthma are:

- Rapid shallow respirations
- Rapid pulse
- Bluish appearance of the skin

How is Asthma diagnosed?

Asthma can be diagnosed using several tests such as a lung test or an allergy test. While an allergy test may be recommended to see what allergies, if any, may be triggering asthma the lung test is the most common test to diagnose asthma. The lung test is a sample breathing test which determines the how much airway obstruction one may have. Some physicians may also recommend chest x-rays for an asthmatic patient.

Asthma Treatment

Understanding asthma treatment is very important and will lead to short-term relief and long-term control. Taking asthma medication can save and allow you to live an active life. The following are the different types of treatments for an asthma patient:

- **Steroids**-reduces swelling and mucous production in the airways.
- **Asthma Inhalers**-delivers asthma drugs to the lungs effectively and last up to 12 hours.
- **Asthma Nebulizer** (breathing machine)-is used for anyone who has a difficult time using an inhaler. The breathing machine comes with a mask that is worn while treatment is being administered. Most commonly used in infants, small children and the elderly.